

9-DAY NOVENA TO THE HOLY SPIRIT IN PREPARATION FOR PENTECOST

DAY-1: "I BELIEVE IN THE HOLY SPIRIT"

1. INTRODUCTION - As we begin our Novena to the Holy Spirit, let us be aware that we are the Church. It is in the assembly of God's people where the Holy Spirit makes himself known. This is an assembly of God's people with Jesus as our Head. As we become aware of being God's people, we also become aware of our many failures to live up to our calling, our selfishness, our lack of love and concern for people in our family and among our neighbours and friends. We therefore begin by asking pardon of God for our many failures to be truly God's people.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-2: "THE JOINT MISSION OF THE SON AND THE HOLY SPIRIT"

1. INTRODUCTION - We are familiar with the verse "For God so loved the world that he gave his only Son" (Jn 3:16). Together with His Son, God sent the Holy Spirit also since the Holy Spirit is the Spirit of Love. The Holy Spirit being of one substance with the Father and the Son, can never be separated from them. The Son and the Spirit are distinct Persons but can never be separated. To forget the Holy Spirit is the cause of many mistakes on our part. While we are happy to know that "God is Love" (1 Jn 4:16), how often we Christians are wanting in this very spirit of love! Because of our lack of love, our families are often unhappy and the world in which we live becomes a place of injustice and of violence. As we begin our prayer to the Holy Spirit we become aware of our lack of His Spirit of Love and ask pardon for it.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-3: “THE NAME, TITLES SYMBOLS OF THE HOLY SPIRIT ”

1. INTRODUCTION - The Church has received the name Holy Spirit from 'Rua' – 'breath of God' and professes it in Baptism – “baptizing them in the name of the Father and of the Son and of the Holy Spirit”. The name Spirit means breath, air, wind. This is the image Jesus used when speaking to Nicodemus: “Truly, truly, I say you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.”

We all have been baptized and received a “share in the divine nature” (2 Pt 1:4), Still we fail to let this divine nature grow in us. Often we give way to the “works of the flesh”, described by St. Paul in Gal 5: 19-21 (Read). Being aware of our resistance to the “Breath of God”, the Holy Spirit, let us ask pardon:

2. Act of Contrition - “O God, be merciful to me a sinner.” I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: “Holy, holy, holy”.

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-4: "THE ROLE of the HOLY SPIRIT in God's Plan of Salvation"

1. INTRODUCTION - The story of mankind is a story of God's mercy and goodness. Mankind's rejection of grace was followed by God's promise of new life through the saviour to come. God's offer of grace and our rejection of it are the pattern of life even today. God's love is everlasting. If we want to realize the deepest desires of our hearts, we must begin by opening ourselves to his love. We do this by admitting our wrongdoing and asking pardon for our failures.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-5: "THE MANIFESTATION OF THE HOLY SPIRIT"

1. INTRODUCTION - We find in the Old Testament, the promise of a Saviour made by God was repeated by the prophets, but repeatedly the people fell away. Their leaders depended not on the Law given them by God but on making alliances with foreign powers and the people followed the example of unbelieving people around them in adoring false gods.

He sent his prophets to speak in his name. The many appearances of God to these men were reminders of his presence and of his love for his people. Moses keeps reminding the people of this through the verses in Deuteronomy 7: 7-8.

Today, through our faith we know that God has already sent us the promised Saviour – but still we are tempted in the same way. Our inclination is to run after materialism and individualism of the society in which we live, to put our hope of a good life in wealth and self indulgence and greed for power. Selfishness is the cause of constant tensions in our families, among our neighbours, the cause of bloodshed between nations and communities. The remedy lies in our turning to God. Let us do this now by asking pardon for our want of faith.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.
You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-6: "EXPECTATION OF THE MESSIAH AND HIS SPIRIT"

1. INTRODUCTION - In the OT we find the people waiting in expectation of the promised Messiah but ignoring the Word of God. This led them to frustration, disappointment and exile. A few like Simeon and Anna wait in hope for the "consolation of Israel" (Lk2:25) and "the redemption of Jerusalem" (Lk 2: 38). During Jesus' public life even his own disciples were looking forward to a political figure who would bring the kind of freedom and fulfillment they longed for.

In this age of Technology and material progress, what are our expectations? In what do we place our hope? Our experience tells us that violence and injustice still flourish. In whom do we trust to rid us of all these troubles? They cannot lead us to fulfillment. Do we not have to ask ourselves whether there is any difference between us and those who do not believe? Today we begin by asking pardon for our lack of faith and trust in God and his Word.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-7: "CHRIST JESUS"

1. INTRODUCTION - Christ is the one anointed by the Spirit. Jesus said, "My food is to do the will of the Father". That is the sign of the Anointed One, the Messiah. It was his life's work, which he brought to perfection on the Cross, when he said, "Father into your hands I commend my spirit".

At our Baptism we have been given a share in the same anointing of the Spirit, yet how often we fail to do the will of God! By our sins we go against the anointing of the Spirit given to us. Hence we begin today by asking pardon for our failures in obedience and in love from God and from our neighbor.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-8: "THE HOLY SPIRIT AND THE CHURCH"

1. INTRODUCTION - During our Novena we have recalled the joint mission of Jesus and the Holy Spirit; we have seen how Jesus fulfilled his promise of sending the Spirit on his Church. As members of the Church we have been forgiven through Baptism and have been given a share in the new life of the Risen Lord. It is therefore in a spirit of humble thanks that we come to praise the Lord today, conscious of the deep debt we owe Him for his gift of himself and his Holy Spirit to us.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

DAY-9: "MARY, THE MASTER WORK OF THE HOLY SPIRIT"

1. INTRODUCTION - Mary, the all holy, ever-virgin Mother of God, is the masterpiece of the mission of the Son and the Holy Spirit. Because the Holy Spirit had prepared her, the Father found the dwelling-place where his Son and his Spirit could live among mankind. We begin our reflection on Mary and the Holy Spirit by recognizing our many failures to respond as she did to the Spirit's inspirations. We say to the blessed Virgin "Pray for us sinners now and at the hour of our death. Amen"

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.

You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.

PENTECOST

1. INTRODUCTION - "God is love" (1Jn 4::8,16) and love is the first gift, containing all others. "God's love has been poured into our hearts by the Holy Spirit who has been given to us" (Rom 5:5). Yet we become aware of the lack of love in our lives. We call ourselves Christians, followers of Christ, yet our lives frequently contradict our claim. In the same chapter of the letter in which St. John tells us, "God is love", he also reminds us, "If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, cannot love God whom he has not seen." (1 Jn 4: 20). We therefore, begin by asking pardon of the Lord for the lack of love in our lives.

2. Act of Contrition - "O God, be merciful to me a sinner." I am sincerely sorry for all the faults and infidelities of my life because they offend Thee, my chief benefactor and sovereign God. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

3. Prayer for Humility - O God, who resisteth the proud and bestoweth Thy grace on the humble, grant us the virtue of true humility of which Thine only begotten Son showed to the faithful an example in Himself; that we may never grieve Thee by our pride, but rather receive through humility the gift of Thy grace. We make this prayer through the same Jesus Christ our Lord. Amen (Roman Missal)

4. PRAYER TO THE HOLY SPIRIT - Most Holy Spirit, the divine helper, Father of the poor, comforter of the afflicted, light of hearts, sanctifier of souls; behold me prostrate in your presence. I adore you with profound homage: I bless you a thousand times, and with the angels who stand before thy throne, I also say: "Holy, holy, holy".

I firmly believe that you are eternal, of one substance with the Father and the Son. I hope in your goodness that you will deign to save and sanctify my soul. I love you, O divine Love, with all my affections above all things of this world, because you are infinite goodness, alone worthy of all my love.

And since in my ingratitude and blindness to thy holy inspirations, I have so often offended thee by my sins, with tears in my eyes I beg thy pardon more for having offended thee, the supreme good, than for any other evil.

I offer you this most cold heart of mine, and I pray you to pierce it with a ray of your light, and with the spark of your fire, which shall melt the hard ice of my iniquities.

You who filled the soul of the most holy Mary with immense graces, and inflamed the hearts of the apostles with holy zeal, inflame, I beseech you, my heart also with your love.

You are the divine Spirit; give me courage against all evil spirits.
You are fire; enkindle me with a burning desire for your love.

You are light; enlighten my mind with the knowledge of eternal things.

You are the dove; give me innocence of life.

You are the gentle breeze; disperse the storms of my passions.

You are the tongue; teach me how to bless you always.

You are the cloud; shelter me under the shadow of your protection.

And lastly, you are the giver of all heavenly gifts; animate me, I beseech you, with your grace; sanctify me with your love; enlighten me with your wisdom; adopt me by your goodness as your child and save me in your infinite mercy; so that I may ever bless you, praise you, and love you along with the Father and the Son first during this life on earth, and then in heaven for all eternity, Amen.

5. LET US PRAY: (To be recited together by the whole congregation)

Father, Son and Holy Spirit, I know that my body is your Temple. I believe and trust that you are the source of life, Almighty God, our Creator. My whole body is filled with your life and love.

Lord Jesus, touch me with your precious blood and wash away all my sins. I ask your forgiveness for every sin of mine. Heal me of all the hurts, anger, guilt feelings and all painful memories that linger in my deepest being. I have sinned, Lord, against you and against my neighbour.

Jesus, you are present in the Eucharist. Lord, do come into my heart. While you are in my heart, I have nothing to fear, for you are the Son of God, and in my heart you are near. In you is life, and in your life, Lord Jesus, I find life. You touched the bleeding woman and healed her. Have mercy on me, Lord. It is you who guide me with your strength and make me righteous in your presence.

Lord, God, you are almighty. You are merciful. You have touched me and healed me of all my ailments of soul, mind and body. I thank you specially for bringing me closer to you, for loving and protecting me and for healing me completely. With deep faith in my heart, I adore you my loving Jesus who with the Father and the Holy Spirit are God for ever and ever. Amen.